

Step-by-Step Instructions: Gojushiho Dai & Gojushiho Sho (Shotokan Karate Kata)

Below are step-by-step instructions for both Gojushiho Dai and Gojushiho Sho, two advanced Shotokan kata frequently performed in Olympic-style karate. Each kata is highly complex, so these instructions focus on the main sequences and signature techniques. For detailed visual guidance, refer to the cited instructional videos and resources.

Gojushiho Dai: Step-by-Step

Opening (Yoi)

- Stand in hachiji-dachi (natural stance), fists in front of hips^[1].

Initial Techniques

- Bring right foot back to the left, then step forward. Lower pelvis with left fist, raise right fist above head^[1].
- Step forward into zenkutsu-dachi (front stance), perform right uraken-uchi (back-fist strike) while raising left forearm to meet right elbow in front of chest^{[1] [2]}.

First Sequence

- Turn head left, slant left foot, raise left forearm, wrists cross in front of chest^[1].
- Continue with double-hand blocks (morote-uke), vertical knife-hand blocks (tate-shuto-uke), and reverse punches (gyaku-zuki) in zenkutsu-dachi^[2].

Signature Motions

- Perform mae-geri (front kick), then gyaku-zuki (reverse punch)^[2].
- Execute vertical elbow strikes (tate-empi-uchi), tiger-mouth scooping blocks (koko-sukui-uke), and chicken-head wrist blocks (keito-uke) in neko-ashi-dachi (cat stance)^[2].
- Drop into otoshi-ippon-nukite (dropping one-finger spear-hand) several times^[2].

Mid-Kata Highlights

- Ridge-hand blocks (haito-uke) in kiba-dachi (horse stance)^[2].
- Grasping stick block (ryosho-bo-tsukami-uke), alternating with more haito-uke and spear-hand strikes^[2].
- Several sequences repeat with variations on stance and hand position.

Advanced Techniques

- Perform eagle-hand dropping strikes (washide-otoshi-uchi), eagle-hand rising thrusts (washide-tsuki-age), and more front kicks^[2].

- Execute rear down block with sideways elbow strike (koho-gedan-uke / yoko-empi-uchi)^[2].
- Multiple chicken-head wrist blocks and down blocks, alternating with spear-hand thrusts^[2].

Final Sequence

- Conclude with both fists in horizontal elbow posture (ryo-hiji-suhei-kamae), hammer-fist rear scissors strikes (ryo-kentsui-koho-hasami-uchi), and wedge blocks (ryosho-kakiwake-uke) in neko-ashi-dachi^[2].

Finish

- Return to yoi (ready position).

For a full count-by-count breakdown with Japanese terminology and stance details, see the comprehensive table in the source^[2]. For a narrated video tutorial, see the referenced YouTube video^[3].

Gojushiho Sho: Step-by-Step

Opening (Yoi)

- Start in natural stance (hachiji-dachi), hands at the sides^[4] ^[5].

First Motions

- Step out at a 45-degree angle, raise both hands to shoulder level^[3] ^[4].
- Repeat to the right side, then pull hips back into harmony position and double punch^[3].

Key Sequences

- Rising elbow strike with right hand, step into zenkutsu-dachi^[3].
- Turn, catch the leg, and strike with palm; left hand supports underneath^[3].
- Pivot left leg open, right hand forward for a one-finger poke, circle with right leg and right hand at shoulder height^[3].

Signature Techniques

- Compress and frame out with elbow tight to the body^[3].
- Wind up, strike, spin around, catch, and throw^[3].
- Cross over with right leg, frame, land left hand on hip, right hand spear-hand thrust^[3].
- Open hips right, left leg crosses over, strong pose, repeat spear-hand thrust^[3].

Advanced Motions

- Raise fists up as if breaking a hold, simulate head butt and throw^[3].
- Drop hands, pivot left leg open, move into neko-ashi-dachi (cat stance)^[3].
- Both hands to the side, then shoulder height for a block, strike opponent^[3].

Final Sequence

- Continue with coordinated hand and foot movements, maintaining strong stances and sharp techniques^[4] ^[5].

For a detailed step-by-step video demonstration, refer to the linked YouTube tutorial^[4] ^[5].

Tips for Practicing Both Kata

- **Focus on stances:** Both kata use a variety of stances-zenkutsu-dachi, kiba-dachi, neko-ashi-dachi. Transition smoothly between them.
- **Hand techniques:** Pay attention to the unique hand techniques-spear-hands, chicken-head wrist blocks, and eagle-hand strikes.
- **Breathing and timing:** Many motions are performed slowly, emphasizing control, then explode into fast, powerful techniques.
- **Visualization:** Imagine the bunkai (application) for each movement to add realism and intent.

For full step-by-step diagrams and further annotations, you can find detailed resources and video breakdowns in the provided references^[3] ^[1] ^[2] ^[4] ^[5].

These kata are advanced and best learned under the guidance of a qualified instructor. Use these instructions as a supplement to in-person training.

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1. <http://kata.blackbelt.ie/gojushiho-dai-instructional/>
2. [http://shotokankaratecs.com/Kata 23 - Gojushiho Dai.html](http://shotokankaratecs.com/Kata%20-%20Gojushiho%20Dai.html)
3. <https://www.youtube.com/watch?v=qVGcqVEBRRs>
4. <https://www.youtube.com/watch?v=FA2awhQ5Rc8>
5. <https://www.youtube.com/watch?v=INMvJOKw3Ds>